

Muscle Strengthening at the Gym (Abdominal Machine)

(Dave Patina)

Everyone would like to have a flat belly and that's why we're about to get acquainted with the abdominal machine.

Adjust the seat so that your back is in line with the axis. With the chest pad set, tighten those abdominal muscles down on the weight in a slow, controlled motion.

Don't hold your breath.

Exhale when you go down, inhale when you come up.

As we like to say, feel the crunch. Do 1 set at least 2 times per week.

As you get stronger, these will become easier.